



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #11

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>4x whole fruit/vegetable</b>	Apple Slices- canned, unsweetened	100% Orange Juice	Applesauce- unsweetened	Blueberries- frozen, unsweetened	Banana- fresh
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Whole Wheat Cinnamon Toast (WG)	Cheerios cereal (WG)	Pumpkin Bread (sweet)	Grits	Oatmeal (WG)
Other Foods <b>1x Meat/Meat Alternate</b>				Hard Boiled Egg	
<b>LUNCH</b>	Spaghetti with Meat Sauce	Broccoli Rice Casserole with Cheese	Vegetarian Chili (HM)	Macaroni and Cheese (HM)	Fish Sticks (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- frozen	Carrots- fresh	Sweet Potato Tots- frozen	Peas- frozen	Carrots- frozen
<b>3x fresh</b>	Mixed Fruit- fresh	Pineapple- canned, unsweetened	Mixed Fruit- fresh	Peaches- canned, unsweetened	Apple Slices- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Spaghetti (WG)	Rice	Cornbread	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Ground Beef	Cheese	Chili Beans	Cheese	Fish Sticks (CN)
Other Foods	Spaghetti Sauce	Broccoli- frozen			
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Trail Mix			
Fluid Milk		1% Milk			1% Milk
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>			Bean Dip (refried beans, salsa)	Cucumber, Carrots- fresh	
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>	Graham Crackers	Cheerios cereal, Kix cereal (WG)	Whole Wheat Pita (WG)		Vanilla Wafers (sweet)
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Yogurt			Hummus	
Other Foods		Raisins- dried			

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>				Strawberry Pancakes	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruit/vegetable</b>	100% Grape Juice	Banana- fresh	Pears- canned, unsweetened	Strawberries- frozen, unsweetened	100% Apple Juice
Grains/Bread Component <b>1x Whole Grain, 0x sweet</b>	Cream of Wheat	Rice Krispies	Whole Wheat Toast (WG)	Multi-Grain Pancakes	Bagels
Other Foods				<b>**no syrup**</b>	Cream Cheese
<b>LUNCH</b>	Tuna Casserole	Chicken and Rice Casserole	Beef Tacos	Beans and Weenies	Beef Sloppy Joes (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Broccoli- frozen	Carrots- fresh	Peas, Carrots- frozen	Spinach- frozen	Broccoli, Cauliflower, Carrots- frozen
<b>1x fresh</b>	Peaches- canned, unsweetened	Cooked Apples- canned, unsweetened	Pineapple- canned, unsweetened	Cooked Apples- canned, unsweetened	Mandarin Oranges- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain</b>	Whole Wheat Elbows (WG)	Rice	Tortilla	Whole Wheat Bread (WG)	Hamburger Bun
Meat or Meat Alternate <b>1x highly processed</b>	Tuna	Chicken	Ground Beef	Hot Dogs	Ground Beef
Other Foods					Sloppy Joe Sauce
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Ants on a Log			
Fluid Milk		1% Milk		1% Milk	
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Orange Slices- fresh	Celery, Raisins	Apple Slices- canned, unsweetened		Peaches- canned, unsweetened
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	Whole Wheat Goldfish Crackers (WG)			Nutri-Grain Bars (sweet)	
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>		Soy Nut Butter	Mozzarella Cheese Sticks		Cottage Cheese
Other Foods					

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WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>4x whole fruit/vegetable</b>	Peaches- canned, unsweetened	Banana- fresh	Applesauce- unsweetened	Pears- canned, unsweetened	100% Apple Juice
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>	Biscuits	Corn Flakes cereal	Banana Bread (sweet)	English Muffin	Oatmeal (WG)
Other Foods					
<b>LUNCH</b>	Beef-a-Roni Mac (HM)	Spanish Rice Casserole with Cheese	Toasted Cheese Sandwich	Chicken Noodle Soup (HM)	Rice and Black Beans
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>2x fresh</b>	Spinach- frozen	Green Beans- canned	Broccoli- frozen	Carrots- fresh	Broccoli, Cauliflower, Carrots- frozen
	Pineapple- canned, unsweetened	Pears- canned, unsweetened	Strawberries- frozen; Bananas- fresh	Apples- canned, unsweetened	Mixed Fruit Salad- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain</b>	Whole Wheat Elbows (WG)	Rice	Whole Wheat Bread (WG)	Egg Noodles	White Rice
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef	Ground Beef, Cheese	Cheese	Chicken	Black Beans
Other Foods	Tomato Sauce				
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Trail Mix		
Fluid Milk		1% Milk	1% Milk		
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Apple Slices- canned, unsweetened				Pineapple- canned, unsweetened
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Teddy Grahams	Fig Newtons (sweet)	Cheerios cereal, Kix cereal (WG)	Whole Wheat Bread (WG)	Whole Wheat Goldfish Crackers (WG)
Meat or Meat Alternate <b>1x Meat/Meat Alternate</b>				Hummus	
Other Foods			Raisins- dried		

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WEEK OF Week 4

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>3x whole fruit/vegetable</b>	Peaches- canned, unsweetened	100% Grape Juice	Pears- canned, unsweetened	Mixed Fruit- canned, unsweetened	100% Orange Juice
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Whole Wheat Toast (WG)	Kix cereal (WG)	Whole Wheat Pita (WG)	Cinnamon Rolls (sweet)	Corn Flakes cereal
Other Foods			Cream Cheese		
<b>LUNCH</b>	Broccoli Rice Casserole with Cheese	Chicken Nuggets (CN)	Beef Chili (HM)	Chicken Breast	Vegetarian Lasagna (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Salad- fresh	Peas- frozen	Carrots- fresh	Sweet Potatoes- fresh	Salad- fresh
<b>5x fresh</b>	Orange Slices- fresh	Mandarin Oranges- canned, unsweetened	Mixed Fruit Salad- canned, unsweetened	Cooked Apples- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component <b>2x Whole Grain</b>	White Rice	Whole Wheat Bread (WG)	Crackers	Whole Wheat Bread (WG)	Lasagna
Meat or Meat Alternate <b>1x highly processed</b>	Cheese	Chicken Nuggets (CN)	Ground Beef, Chili Beans	Chicken	Cheese
Other Foods	Broccoli- frozen				
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					Cheese Crackers
Fluid Milk	1% Milk			1% Milk	
Juice, Fruit, or Vegetable <b>2x whole fruits/vegetable</b>	Carrots- fresh	Banana- fresh			
Grains/Bread Component <b>1x Whole Grain, 1x sweet</b>			Whole Wheat Bread (WG)	Mini Raisin Muffins (sweet)	Crackers
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>		Yogurt	Hard Boiled Egg		Cheese
Other Foods	Ranch Dressing				